## WHAT IS CLAIMED IS:

 A process comprising reducing a component selected from the group consisting of tungsten powders and molybdenum oxide powders, in the presence of alkali metal compounds, and preparing tungsten powder, molybdenum powder, mixtures thereof, or a carbide:

wherein at least two alkali metal compounds are used in a ratio so that mixed alkali tungstate or molybdate formed in an intermediate step ((Li, Na, K)<sub>2</sub> WO<sub>z</sub>, (Li, Na, K)<sub>2</sub>MoO<sub>z</sub>) has a melting point of less than about 550°C, wherein the value of z is from 3 to 4.

- The process of Claim 1, wherein the component selected from the group consisting of tungsten powders and molybdenum oxide powders is subjected to a carburizing treatment.
- The process according to Claim 1, wherein the alkali compounds are used in a total amount that ranges from about 0.2 to about 1.5 mole %, based on the tungsten and/or molybdenum oxide.
- 4. The process according to Claim 1, wherein the alkali compounds have a molar ratio of Na to Li of from about 0.9 to about 1.26 and wherein, in the further presence of a potassium compound, the potassium replaces Na and/or Li up to about 40 mole %.
- 5. The process according to Claim 1, wherein the alkali compounds are used in a mixed salt.
- The process according to Claim 1, wherein the alkali compounds are selected from the group consisting of oxides, hydroxides, carbonates, tungstates and molybdates.
- The process according to Claim 1, wherein the tungsten oxide powder is WO<sub>3</sub> and the molybdenum oxide powder is MoO<sub>3</sub>.
- 8. The process according to Claim 1, wherein the tungsten oxide powder is WO<sub>2</sub> and the molybdenum oxide powder is MoO<sub>2</sub>.
- The process according to Claim 1, wherein the reducing treatment is carried out in an atmosphere containing hydrogen and/or carbon monoxide and/or hydrocarbon.

10

5

15

20

25

30

5

- 10. A tungsten metal powder prepared according to Claim 1.
- 11. A molybdenum metal powder prepared according to Claim 1.
- 12. A tungsten carbide powder prepared according to Claim 1.
- 13. A tungsten carbide powder with an average particle size of  $>50~\mu m$  FSSS.
  - 14. The tungsten carbide of Claim 13, wherein the tungsten carbide is a sintered hardmetal or an infiltrated tool.